

Crew Rest • ELECTRON Activation

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:00–09:10	CDR	ELECTRON-VM Fluids Unit (БЖ): mating of TMI-connector
09:10–09:30	CDR	ELECTRON-VM activation
09:30–11:00	CDR	Physical exercise (VELO + Load Trainer day 3)
09:50–10:00	FE-1	Off-day LAB payload status check
10:00–11:30		Physical exercise (RED)
11:00–12:30	FE-2	Physical exercise (VELO + Load Trainer day 3)
11:30–12:30	FE-1	Physical exercise (CEVIS)
12:10–12:30	CDR	On MCC GO: ISS repress with O2 from Progress CPК system
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
14:00–17:00		Weekly housecleaning
17:00–18:00	CDR	Physical exercise (TVIS-3)
17:20–18:00	FE-2	Maintenance of COЖ
18:00–19:00		Physical exercise (TVIS-3)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note:

See OSTP for references to US activities.

Task List Activity for CDR, FE-2: PLASMA CRYSTAL-3: payload teardown

End of radiogram